

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Lysine (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 18, 2016 04:46 EDT

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	26.252
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	24.439
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	12.524
05305	Ground turkey, raw	453.6	1.0 lb	7.970
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	6.856
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	6.314
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	5.968
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	5.826
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	5.431
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	5.398
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	5.312
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	5.033
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	4.878
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	4.750
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	4.681
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	4.648
36027	DENNY'S, chicken strips	194.0	1.0 serving	4.287
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	4.255
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	4.231
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	4.226
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	4.181
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	4.162
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	4.120
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	4.111
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	4.084
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	4.082
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	4.032

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	4.032
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	4.030
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	4.015
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	3.979
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	3.971
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	3.954
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	3.943
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	3.938
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.930
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	3.927
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	3.916
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	3.905
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	3.903
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	3.901
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	3.898
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	3.889
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	3.888
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	3.849
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	3.847
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	3.845
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	3.838
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	3.825
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	3.794
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	3.766
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	3.765
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	3.709
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	3.709
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.707
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.707
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.689

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	3.682
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.676
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	3.667
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	3.661
16119	Soy meal, defatted, raw	122.0	1.0 cup	3.649
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	3.624
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	3.620
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.619
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	3.616
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.600
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	3.584
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	3.584
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	3.580
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	3.571
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	3.562
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	3.553
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	3.546
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	3.545
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	3.544
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	3.506
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.506
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	3.496
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	3.493
01035	Cheese, provolone	132.0	1.0 cup, diced	3.493
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	3.491
16076	Lupins, mature seeds, raw	180.0	1.0 cup	3.479
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	3.465
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.462
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.447
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	3.444
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	3.441
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	3.438

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	3.436
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.436
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	3.431
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	3.427
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	3.421
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	3.417
01040	Cheese, swiss	132.0	1.0 cup, diced	3.412
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	3.405
11667	Seaweed, spirulina, dried	112.0	1.0 cup	3.388
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	3.374
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	3.367
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.347
16144	Lentils, pink or red, raw	192.0	1.0 cup	3.341
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	3.319
16069	Lentils, raw	192.0	1.0 cup	3.302
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.298
16117	Soy flour, defatted	105.0	1.0 cup	3.285
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	3.260
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.255
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	3.245
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	3.245
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	3.240
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	3.238
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.233
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.227
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	3.226
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	3.210
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	3.198
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	3.192
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	3.189
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	3.181
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	3.174
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	3.168
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	3.164
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	3.162
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	3.156

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	3.146
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.146
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	3.131
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	3.128
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	3.118
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	3.115
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.112
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.088
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	3.085
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	3.081
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	3.078
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	3.075
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	3.074
01020	Cheese, fontina	132.0	1.0 cup, diced	3.073
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.068
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	3.067
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	3.056
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.045
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	3.040
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	3.024
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	3.020
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	3.020
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	3.020
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	3.010
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.005
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	2.992
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	2.983
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	2.977
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.975
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	2.974
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.972
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	2.961
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	2.960
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	2.949
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.941

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13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.927
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	2.923
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	2.917
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.915
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.914
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.910
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	2.905
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.902
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.894
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	2.893
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	2.888
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	2.881
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	2.879
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.878
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	2.877
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.870
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	2.870
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	2.869
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	2.852
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	2.851
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	2.846
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.842
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.842
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	2.841
01133	Egg, whole, dried	85.0	1.0 cup, sifted	2.838
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	2.830
01030	Cheese, muenster	132.0	1.0 cup, diced	2.823
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.823
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	2.820
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.816
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	2.816
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.815
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.813

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23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.809
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.804
01005	Cheese, brick	132.0	1.0 cup, diced	2.804
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.796
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	2.795
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	2.795
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.793
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	2.792
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.783
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.782
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.780
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	2.779
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	2.776
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.774
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.771
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.765
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	2.764
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	2.764
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	2.764
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	2.761
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	2.761
15005	Fish, bluefish, raw	150.0	1.0 fillet	2.760
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	2.754
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	2.754
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.753
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	2.749
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.748
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	2.745
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	2.741
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.741
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.727
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	2.719

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	2.714
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	2.713
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	2.712
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	2.710
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	2.710
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	2.705
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	2.703
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.701
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	2.698
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	2.695
01025	Cheese, monterey	132.0	1.0 cup, diced	2.689
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	2.685
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	2.684
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.682
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.679
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	2.671
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.667
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.667
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.666
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	2.664
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.663
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	2.662
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.658
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	2.657
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	2.654
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.650
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	2.650
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	2.649
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	2.643
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.642
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	2.639
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.638

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
01034	Cheese, port de salut	132.0	1.0 cup, diced	2.623
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	2.621
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	2.617
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	2.615
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	2.614
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	2.614
01011	Cheese, colby	132.0	1.0 cup, diced	2.611
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.609
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.604
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.602
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.597
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	2.594
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	2.589
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.584
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.583
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	2.571
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.565
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	2.561
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	2.560
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.558
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	2.558
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	2.556
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.555
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.555
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.547
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	2.545
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.537
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	2.537
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.534
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	2.533

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	2.532
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.531
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	2.529
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.527
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	2.526
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	2.526
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.524
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.520
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	2.519
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	2.519
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.519
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.519
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.516
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.515
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.514
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.512
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.509
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.507
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	2.506
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.506
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	2.505
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	2.504
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	2.502
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	2.502
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	2.502
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.499
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	2.496
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	2.490
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	2.485
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	2.485
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	2.479
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.479

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.477
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.477
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	2.477
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	2.474
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	2.473
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.473
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	2.471
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.470
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.470
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	2.470
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	2.469
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	2.464
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	2.463
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	2.463
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.462
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.462
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	2.462
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	2.459
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.457
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	2.457
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.456
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.456
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.455
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.453
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	2.453
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.451
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	2.450
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.448

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	2.448
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.448
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	2.447
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	2.447
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.446
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	2.446
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.443
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	2.439
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	2.438
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.435
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.429
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.428
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.428
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	2.427
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.425
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.422
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.422
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	2.419
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.415
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.413
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.413
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	2.412
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	2.412
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	2.411
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.411
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.411
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	2.408
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.407
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	2.407
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	2.406
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	2.405
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.402

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	2.398
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.398
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.397
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.397
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.395
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.394
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.393
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	2.392
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.391
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.389
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.389
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	2.389
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.388
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	2.383
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	2.383
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	2.382
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	2.380
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	2.380
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	2.378
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.377
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	2.375
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.373
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	2.371
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.366
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	2.365
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.364
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	2.364
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.363
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	2.362
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.362
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.360

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	2.359
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	2.355
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	2.355
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.354
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	2.352
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.352
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	2.352
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.351
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	2.351
21270	TACO BELL, Taco Salad	533.0	1.0 item	2.351
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.349
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.346
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	2.345
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.343
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.343
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.336
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	2.335
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.334
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	2.333
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	2.331
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.329
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.329
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.329
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.326
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	2.326
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	2.324
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.323
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	2.322
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	2.322
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	2.321
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	2.317
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.317

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.314
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.314
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.314
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	2.313
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.313
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.313
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	2.312
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	2.308
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	2.306
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.306
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.304
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	2.303
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	2.302
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.301
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.299
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.298
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	2.298
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	2.296
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.295
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.295
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	2.292
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.292
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.291
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	2.287
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.286
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.285
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.285
16106	Meat extender	88.0	1.0 cup	2.284
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	2.283
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.283
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	2.282
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.281

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.281
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.278
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.278
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	2.278
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	2.274
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	2.273
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	2.272
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	2.266
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.263
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	2.261
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.260
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	2.257
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	2.257
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	2.257
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	2.256
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	2.254
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	2.253
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	2.252
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	2.252
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.251
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	2.248
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.248
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	2.248
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.246
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	2.246
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.245
01024	Cheese, limburger	134.0	1.0 cup	2.245
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	2.243
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.241
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.239
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	2.238
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	2.238

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.236
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	2.236
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	2.236
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	2.235
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	2.234
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	2.234
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	2.234
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	2.233
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.233
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.231
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.230
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	2.230
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.230
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	2.228
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	2.225
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	2.225
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	2.224
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.224
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	2.221
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	2.221
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.221
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	2.219
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	2.215
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	2.214
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	2.213
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	2.213
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.213
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.212
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	2.211
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.211
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.210
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.209

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	2.209
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.207
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.206
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	2.205
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	2.204
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.204
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	2.204
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	2.203
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.203
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.203
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	2.202
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.202
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.202
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	2.202
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.202
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	2.202
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.202
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	2.201
01032	Cheese, parmesan, grated	100.0	1.0 cup	2.201
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	2.200
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.198
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.197
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	2.197
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	2.196
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.196
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.195
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	2.195
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	2.195
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.194
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.194
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.193
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	2.192
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.191

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	2.191
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	2.191
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	2.190
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	2.190
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	2.190
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	2.188
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	2.188
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.187
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	2.184
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	2.184
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	2.184
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	2.183
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	2.182
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.182
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	2.182
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	2.180
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	2.180
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	2.179
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	2.178
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	2.178
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.176
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	2.175
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	2.174
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.173
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.173
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	2.173
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.173
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	2.172
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.171
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.168
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	2.168
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	2.166
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	2.164

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.163
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	2.162
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	2.162
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	2.162
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	2.162
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.162
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	2.161
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of ravioli	2.161
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	2.160
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	2.159
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	2.159
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.154
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	2.154
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	2.153
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.153
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	2.152
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.152
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.152
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.150
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	2.150
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	2.150
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	2.149
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.148
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	2.148
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	2.147
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	2.147
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	2.146
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	2.145
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.145
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.145
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	2.145
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	2.144

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	2.144
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.144
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	2.144
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	2.143
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	2.143
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.140
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	2.139
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.139
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	2.139
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.139
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.139
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	2.139
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.138
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	2.137
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.137
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.136
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	2.136
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	2.136
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	2.133
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.133
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.132
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.131
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	2.131
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.129
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.128
15022	Fish, cusk, raw	122.0	1.0 fillet	2.128
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.127
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.127
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.126
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	2.124
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.124
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	2.123

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.123
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	2.122
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	2.122
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	2.119
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	2.119
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.119
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	2.119
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	2.118
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.118
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.118
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	2.117
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	2.117
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.117
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.117
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	2.116
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.116
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	2.115
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.115
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.114
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	2.114
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	2.114
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	2.113
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	2.113
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	2.113
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	2.113
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.112
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.111
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	2.111
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	2.110
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.108
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.108

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	2.108
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.107
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	2.107
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	2.106
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	2.106
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.103
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	2.103
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.103
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	2.102
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	2.102
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	2.100
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.100
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.100
15261	Fish, tilapia, raw	116.0	1.0 fillet	2.100
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	2.100
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.099
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.099
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.099
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	2.098
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.097
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	2.095
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.093
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	2.093
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	2.091
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	2.090
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.089
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	2.089
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	2.089
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.088
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.088
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	2.088
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.088

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	2.087
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.087
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	2.087
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.085
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	2.085
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.085
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	2.084
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	2.084
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.084
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.084
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.084
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.083
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.083
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.082
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.081
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.080
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.080
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	2.080
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.080
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.080
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.080
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.079
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.079
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	2.077
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	2.076
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.075
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.074
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.074
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	2.074
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	2.074
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	2.073

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2.073
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	2.071
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	2.071
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	2.071
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	2.071
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.070
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	2.070
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	2.069
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	2.069
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	2.069
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	2.069
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.068
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	2.068
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	2.067
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.067
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	2.067
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.067
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.066
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.066
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	2.066
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.065
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.065
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.064
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	2.063
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	2.063
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.063
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.061
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	2.061
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.061
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	2.061
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	2.059

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.059
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.059
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	2.058
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.058
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.058
15006	Fish, burbot, raw	116.0	1.0 fillet	2.058
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	2.058
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	2.055
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	2.054
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.054
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	2.054
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.054
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2.053
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.053
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	2.053
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	2.053
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.052
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	2.051
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.050
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.050
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.050
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	2.047
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	2.045
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.044
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	2.044
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.044
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.043
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	2.043

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	2.043
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.042
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.040
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.040
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	2.040
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	2.039
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	2.038
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.038
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	2.038
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.037
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	2.037
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	2.037
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.036
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.036
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	2.035
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	2.035
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.035
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	2.034
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	2.034
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.033
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	2.033
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2.032
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.032
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	2.032
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	2.031
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	2.031
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	2.030
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.029
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	2.028
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	2.028
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	2.027

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.027
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	2.026
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	2.026
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	2.026
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	2.026
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	2.026
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	2.026
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.026
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.025
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.025
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.023
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	2.023
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	2.022
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.020
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.020
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.020
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	2.020
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.020
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.019
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.019
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.019
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	2.017
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.017
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.016
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	2.016
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	2.015
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	2.015
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	2.015
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	2.014
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	2.014

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	2.014
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	2.014
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	2.014
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.013
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	2.012
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	2.012
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.011
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	2.011
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	2.010
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.009
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.009
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.009
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.008
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	2.008
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	2.008
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.008
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	2.007
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	2.007
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	2.007
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.006
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	2.006
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	2.006
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	2.005
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	2.005
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	2.005
16113	Natto	175.0	1.0 cup	2.004
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.003
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.003
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	2.003
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	2.002
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.002

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2.002
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	2.002
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.002
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.000
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.000
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.998
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.998
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.998
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.998
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.997
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.996
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.996
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.994
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	1.994
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	1.993
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	1.993
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.992
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.992
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.992
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	1.992
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	1.991
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	1.991
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.990
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	1.989
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	1.989
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.988
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.987
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.987
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	1.986
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	1.986
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.986
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.985

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.985
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.985
11450	Soybeans, green, raw	256.0	1.0 cup	1.984
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.984
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.983
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.983
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	1.982
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.982
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	1.982
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	1.980
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.980
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.980
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.979
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.979
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.978
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.978
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.978
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.977
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.977
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.977
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.977
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	1.976
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	1.976
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	1.975
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	1.975
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.975
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	1.973
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.973
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	1.972
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.972
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.970
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	1.970
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.970
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.969

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	1.969
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.969
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.967
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	1.966
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.966
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.966
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.965
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.965
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.965
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.964
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.964
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.964
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	1.964
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.963
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.963
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	1.962
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.961
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.959
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.959
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.959
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.958
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.958
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.958
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.958
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.958
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.958
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	1.958
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.957
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.957
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.957
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.956
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.955

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.955
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	1.955
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.955
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1.954
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.954
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.954
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.954
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	1.954
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	1.953
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	1.953
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	1.953
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	1.952
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.952
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	1.952
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.952
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.952
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.952
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	1.951
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.951
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.951
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	1.950
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.950
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.950
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.948
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.947
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.947
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.947
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.946
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.946
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	1.946
05641	Ostrich, ground, raw	109.0	1.0 patty	1.946
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	1.945

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	1.944
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	1.944
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	1.944
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	1.944
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.943
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.943
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.942
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.942
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.941
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	1.941
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.941
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.940
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	1.940
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.940
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.940
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	1.940
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	1.937
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.937
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.937
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	1.937
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.936
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	1.935
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.933
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.933
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	1.933
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.933
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.931
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	1.930
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.929
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.929
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.929
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.928

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	1.927
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	1.927
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.924
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.924
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	1.924
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.923
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.923
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	1.922
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	1.922
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	1.922
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.920
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.920
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	1.920
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.919
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.918
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	1.918
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	1.918
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.918
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.918
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.917
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	1.917
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.915
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.915
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	1.915
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.914
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.914
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	1.914
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.913
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	1.913
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.912
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	1.912
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.912

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.912
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.911
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	1.911
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.911
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.910
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1.910
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.909
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.909
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	1.909
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.908
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.908
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.908
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.908
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.907
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.907
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.907
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	1.906
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	1.906
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.906
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	1.906
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	1.903
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.902
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	1.902
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.902
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.901
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.901
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	1.901
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	1.900
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.900
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	1.900
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.899
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.899

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.899
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.898
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	1.896
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.896
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.896
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.896
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.896
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	1.896
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1.895
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.895
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.895
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.894
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.894
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.894
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	1.894
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	1.893
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	1.893
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.892
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.892
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.891
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.891
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	1.891
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	1.891
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.891
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.890
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.890
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.889
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.889
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.889
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.889
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.888
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	1.888

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	1.886
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.885
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	1.883
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1.882
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	1.881
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	1.881
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.879
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.878
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.878
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.877
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.876
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.875
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	1.875
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	1.874
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	1.873
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.873
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.873
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.873
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	1.872
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	1.872
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.872
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.872
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.872
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	1.871
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.871
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.870
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.870
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.870
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	1.870
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.868
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.868
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	1.867

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.867
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.867
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.866
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.865
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.865
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.862
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.862
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	1.860
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.860
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.860
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.860
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	1.858
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.857
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.857
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.856
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	1.855
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.855
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.854
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.854
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	1.851
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	1.851
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	1.851
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.850
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	1.850
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.849
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.849
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.848
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.847
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	1.846

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.846
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.846
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.846
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.845
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	1.844
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.844
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.844
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	1.844
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	1.844
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	1.844
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.844
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	1.844
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.844
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	1.843
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.842
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.841
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.841
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.841
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	1.841
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	1.841
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	1.839
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	1.839
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	1.839
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	1.839
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	1.839
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	1.837
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.837
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	1.836
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.836
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	1.836
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.836
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	1.834

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.834
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	1.834
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.833
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.833
05154	Pheasant, raw, meat only	85.0	3.0 oz	1.833
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.833
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.833
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.833
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	1.833
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.832
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	1.831
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.831
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.831
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.831
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.830
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	1.830
01019	Cheese, feta	150.0	1.0 cup, crumbled	1.829
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.828
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.826
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.826
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.825
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	1.825
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	1.825
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	1.824
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	1.824
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	1.824
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	1.824
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.823
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	1.822
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.821
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	1.821
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	1.819

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.819
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.818
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.818
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.817
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.816
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.816
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.816
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	1.815
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	1.814
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	1.814
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	1.813
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.813
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	1.813
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.813
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.810
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.810
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	1.810
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	1.809
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.809
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	1.808
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	1.807
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.807
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	1.807
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.806
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	1.805
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	1.804
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	1.803
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	1.803
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	1.802
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.801
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.801
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.801

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	1.800
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	1.800
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.799
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.799
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	1.799
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	1.796
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	1.795
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	1.793
05157	Quail, meat and skin, raw	109.0	1.0 quail	1.793
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.793
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.792
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.791
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.789
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.789
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.789
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	1.788
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	1.787
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	1.786
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.786
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.786
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	1.785
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	1.785
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.785
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	1.785
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	1.784
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.783
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.783
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	1.782
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	1.782
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	1.779
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	1.778
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.778

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	1.777
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	1.777
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	1.776
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.776
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	1.775
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.774
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.774
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.774
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	1.772
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.771
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.771
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.769
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	1.767
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	1.767
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	1.766
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.765
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	1.765
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.764
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	1.762
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.762
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.762
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.761
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.761
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.761
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.760
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	1.759
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.759
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.759
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.758
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	1.755
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	1.755
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.754
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.754
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.754

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
05158	Quail, meat only, raw	92.0	1.0 quail	1.753
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	1.752
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	1.750
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.749
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	1.749
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.748
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.748
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	1.748
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.747
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.746
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.744
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.742
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.740
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.739
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.739
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.737
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.737
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.736
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.734
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.734
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.734
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	1.733
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.733
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	1.733
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.732
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.732
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.731
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.730
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.728
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	1.728
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	1.728
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	1.728
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	1.726
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.725

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	1.725
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.724
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	1.721
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.719
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	1.719
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.718
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.718
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.718
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	1.717
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.716
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	1.714
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	1.713
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	1.713
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	1.712
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.711
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	1.708
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	1.708
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.708
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	1.707
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.707
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.706
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.706
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.704
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.704
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.703
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	1.703
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.701
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.700
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.699
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	1.699
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.698
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.697
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.697

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	1.697
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	1.695
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.692
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.692
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.692
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.691
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.691
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.691
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.691
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	1.690
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.690
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.690
20078	Wheat germ, crude	115.0	1.0 cup	1.688
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	1.687
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	1.684
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	1.683
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.683
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	1.683
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.682
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	1.682
05159	Quail, breast, meat only, raw	85.0	3.0 oz	1.680
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.680
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	1.680
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	1.680
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	1.679
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.678
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	1.678
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	1.677
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.677
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.677
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	1.676
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.676
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.675

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	1.675
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	1.674
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.674
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.674
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	1.673
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	1.673
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.672
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.670
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.669
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.669
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	1.668
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.666
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	1.665
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.663
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	1.663
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.663
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	1.662
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.661
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.661
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	1.660
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.660
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	1.659
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	1.659
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	1.659
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	1.659
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	1.659
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	1.659
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.658
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.657
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	1.657
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.655
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	1.655
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	1.655
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	1.655
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.655
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	1.654

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	1.654
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.654
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	1.654
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	1.653
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	1.652
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.652
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.651
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.649
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	1.649
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	1.648
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.647
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.646
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.646
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.646
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	1.645
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.644
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	1.642
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.641
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.640
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.638
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.638
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	1.638
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	1.637
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	1.637
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	1.637
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	1.637
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.636
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.636
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	1.636
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.636
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	1.636
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	1.635
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	1.635
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	1.634
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.634
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.634

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.633
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.632
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.631
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.630
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	1.630
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.630
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.629
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	1.629
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.629
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.629
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	1.628
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.628
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.628
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.627
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.627
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.627
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	1.624
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	1.624
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	1.623
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	1.623
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.623
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	1.623
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	1.622
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.621
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.620
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	1.619
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.618
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.617
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.616
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.616
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	1.616
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	1.614
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.614
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.614

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.614
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	1.614
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.613
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.612
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.612
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.610
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.610
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	1.609
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.608
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.608
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	1.608
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	1.607
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.607
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	1.607
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	1.606
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	1.606
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.605
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.604
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.603
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.603
15053	Fish, milkfish, raw	85.0	3.0 oz	1.603
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	1.603
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	1.601
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	1.599
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.599
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.598
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	1.598
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	1.598
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	1.598
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	1.597
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.596
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.595
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.595
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.595
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	1.594

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.594
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.592
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.591
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.591
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	1.590
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	1.590
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	1.590
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.590
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	1.589
15001	Fish, anchovy, european, raw	85.0	3.0 oz	1.589
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.589
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	1.588
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.586
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.585
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.585
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.584
15049	Fish, mackerel, king, raw	85.0	3.0 oz	1.584
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.583
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.580
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	1.580
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	1.578
15097	Fish, sheepshead, raw	85.0	3.0 oz	1.578
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	1.577
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	1.577
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.576
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	1.576
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	1.575
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.575
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.575
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.574
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.573
15079	Fish, salmon, chum, raw	85.0	3.0 oz	1.572
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.571

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.569
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.568
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	1.568
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	1.568
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.568
05621	Emu, ground, raw	117.0	1.0 patty	1.568
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	1.567
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.567
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	1.566
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.565
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.564
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	1.564
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	1.560
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.559
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.558
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.557
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.557
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.556
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	1.555
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.554
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	1.553
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	1.552
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.552
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.550
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.550
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.550
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.550
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.550
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.549
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	1.549
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	1.548
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	1.547
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	1.547
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	1.546

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	1.545
15110	Fish, swordfish, raw	85.0	3.0 oz	1.545
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	1.545
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	1.544
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	1.544
01173	Egg, white, dried	28.0	1.0 oz	1.544
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.543
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.540
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.539
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.538
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.538
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	1.537
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	1.536
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.536
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	1.535
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.535
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.533
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	1.532
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	1.531
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	1.531
10130	Canadian bacon, unprepared	85.0	3.0 oz	1.530
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.529
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	1.529
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	1.528
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	1.528
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.527
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.527
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.526
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.524
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.524
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.524
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.524
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	1.523
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.521
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.521
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	1.520

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.518
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	1.518
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	1.518
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	1.517
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.515
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.514
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	1.514
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.513
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	1.512
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	1.512
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.510
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	1.510
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.510
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	1.510
16422	Soy protein isolate, potassium type	28.35	1.0 oz	1.510
16122	Soy protein isolate	28.35	1.0 oz	1.510
16114	Tempeh	166.0	1.0 cup	1.507
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.507
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.507
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.507
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	1.507
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	1.506
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.505
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	1.505
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.504
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.504
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.503
15062	Fish, pike, northern, raw	85.0	3.0 oz	1.503
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	1.503
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.502
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	1.502
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	1.501
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.501

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	1.501
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.500
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.499
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.499
07008	Bologna, beef and pork	100.0	3.527 oz	1.499
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	1.499
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.498
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.498
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.497
15083	Fish, salmon, pink, raw	85.0	3.0 oz	1.495
15064	Fish, pike, walleye, raw	85.0	3.0 oz	1.494
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.494
01115	Whey, sweet, dried	145.0	1.0 cup	1.494
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	1.493
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	1.493
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.493
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.492
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.491
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.491
05152	Guinea hen, meat only, raw	85.0	3.0 oz	1.491
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	1.490
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.489
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.488
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	1.487
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.486
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.486
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.485
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.485
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	1.484
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	1.484
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.484
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.483
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.483

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	1.483
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.482
15044	Fish, ling, raw	85.0	3.0 oz	1.482
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.482
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.482
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.481
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.478
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	1.477
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	1.477
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.477
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	1.476
15033	Fish, haddock, raw	85.0	3.0 oz	1.476
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.476
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	1.475
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.475
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.475
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.475
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	1.475
15090	Fish, scup, raw	85.0	3.0 oz	1.473
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	1.472
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.471
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	1.471
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	1.471
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	1.471
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.471
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.468
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	1.468
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	1.468
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	1.468
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	1.467
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.467
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.465
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.465
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	1.464

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1.462
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1.462
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.460
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.459
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	1.458
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.456
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	1.454
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	1.454
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	1.449
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.448
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	1.447
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.445
15023	Fish, mahimahi, raw	85.0	3.0 oz	1.444
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	1.442
20001	Amaranth grain, uncooked	193.0	1.0 cup	1.442
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	1.442
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.441
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	1.440
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	1.440
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1.440
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	1.440
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	1.439
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	1.438
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	1.438
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	1.436
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.433
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.431
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	1.427
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	1.427
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.427
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.426
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.425

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.425
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.424
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.424
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.423
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.421
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.420
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.417
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	1.414
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	1.414
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	1.414
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.411
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.409
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.408
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.408
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	1.408
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	1.408
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.408
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	1.406
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	1.406
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.405
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.405
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	1.404
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	1.403
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.402
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.402
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.402
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.402
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.401
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.400
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	1.398
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	1.398
15008	Fish, carp, raw	85.0	3.0 oz	1.392

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.392
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	1.390
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	1.389
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	1.389
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	1.385
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1.384
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	1.384
15004	Fish, bass, striped, raw	85.0	3.0 oz	1.384
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.384
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.383
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	1.382
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	1.381
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	1.381
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	1.381
15045	Fish, lingcod, raw	85.0	3.0 oz	1.379
15013	Fish, cisco, raw	79.0	1.0 fillet	1.378
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	1.377
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	1.376
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	1.374
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	1.373
16091	Peanuts, spanish, raw	146.0	1.0 cup	1.371
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	1.369
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	1.368
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	1.368
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	1.367
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	1.367
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	1.366
15112	Fish, tilefish, raw	85.0	3.0 oz	1.366
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	1.366
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	1.365
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.364
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	1.362
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	1.361
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	1.361
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	1.361

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	1.361
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1.357
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	1.355
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	1.355
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	1.353
01009	Cheese, cheddar	132.0	1.0 cup, diced	1.353
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	1.352
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	1.352
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	1.352
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.352
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.352
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	1.351
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.347
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.346
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	1.346
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	1.344
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	1.343
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	1.343
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	1.342
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	1.342
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	1.340
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	1.336
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.335
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	1.334
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	1.332
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	1.331
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	1.330
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	1.330
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	1.329
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.329
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	1.328
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	1.328
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	1.325
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	1.324
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	1.324

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15094	Fish, shad, american, raw	85.0	3.0 oz	1.322
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	1.320
16095	Peanuts, virginia, raw	146.0	1.0 cup	1.320
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.318
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	1.318
16093	Peanuts, valencia, raw	146.0	1.0 cup	1.315
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.315
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	1.314
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	1.312
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	1.311
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	1.309
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	1.309
15107	Fish, sucker, white, raw	85.0	3.0 oz	1.308
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	1.307
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	1.306
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	1.306
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	1.305
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	1.304
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	1.304
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	1.304
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.303
20035	Quinoa, uncooked	170.0	1.0 cup	1.302
17142	Veal, ground, raw	85.0	3.0 oz	1.301
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.301
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	1.301
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.299
15059	Fish, pout, ocean, raw	85.0	3.0 oz	1.299
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.298
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	1.295
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	1.294
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	1.291
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	1.290
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	1.289
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	1.288
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.287
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	1.287

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.285
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	1.283
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	1.280
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	1.280
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.279
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	1.278
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	1.278
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.278
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.277
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.274
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	1.274
15073	Fish, roughy, orange, raw	85.0	3.0 oz	1.266
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.266
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	1.265
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	1.263
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	1.261
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	1.261
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	1.259
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	1.259
01109	Milk, sheep, fluid	245.0	1.0 cup	1.257
15129	Fish, turbot, european, raw	85.0	3.0 oz	1.253
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	1.251
21251	BURGER KING, Cheeseburger	133.0	1.0 item	1.250
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.250
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	1.249
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.248
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	1.248
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	1.247
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	1.247
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	1.246
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	1.245
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	1.245
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	1.245
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	1.241
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	1.240
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.240

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15128	Fish, tuna salad	85.0	3.0 oz	1.238
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	1.238
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	1.238
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	1.235
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	1.234
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	1.232
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	1.229
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.229
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.229
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	1.229
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	1.225
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	1.224
16008	Beans, baked, canned, with franks	259.0	1.0 cup	1.222
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	1.222
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	1.220
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	1.220
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	1.220
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	1.218
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	1.216
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	1.215
16007	Beans, baked, canned, with beef	266.0	1.0 cup	1.202
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	1.202
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	1.201
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	1.196
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	1.196
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	1.196
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	1.196
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	1.189
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	1.188
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	1.187
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	1.183
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	1.180
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	1.180
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	1.180
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.180
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	1.178

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	1.177
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	1.177
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	1.176
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	1.174
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	1.174
05150	Goose, liver, raw	94.0	1.0 liver	1.165
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.164
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.164
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	1.160
11212	Edamame, frozen, prepared	155.0	1.0 cup	1.155
05630	Emu, outside drum, raw	85.0	3.0 oz	1.154
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	1.152
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.152
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	1.150
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.148
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.148
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	1.146
20008	Buckwheat	170.0	1.0 cup	1.142
05626	Emu, full rump, raw	85.0	3.0 oz	1.142
05631	Emu, oyster, raw	85.0	3.0 oz	1.141
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	1.136
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.135
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.135
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	1.134
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	1.133
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	1.132
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	1.132
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	1.131
15054	Fish, monkfish, raw	85.0	3.0 oz	1.130
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	1.125
16099	Peanut flour, defatted	60.0	1.0 cup	1.124
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	1.124
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	1.123
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	1.122
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	1.121

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.121
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	1.119
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	1.119
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	1.118
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	1.114
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	1.114
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.114
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1.114
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	1.114
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.113
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.113
05625	Emu, flat fillet, raw	85.0	3.0 oz	1.113
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	1.113
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	1.112
05628	Emu, inside drum, raw	85.0	3.0 oz	1.111
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.110
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.110
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	1.108
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	1.107
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	1.107
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	1.107
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	1.107
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	1.103
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	1.103
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	1.096
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	1.096
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	1.094
20038	Oats	156.0	1.0 cup	1.094
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.093
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	1.090
15103	Fish, spot, raw	64.0	1.0 fillet	1.088
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	1.088
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	1.086
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	1.085
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	1.083
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	1.081

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	1.080
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	1.079
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	1.079
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	1.077
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	1.075
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.074
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	1.074
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	1.073
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	1.071
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	1.069
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	1.069
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	1.066
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	1.061
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	1.057
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	1.055
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.053
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.053
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.053
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	1.051
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	1.051
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	1.050
07005	Blood sausage	100.0	4.0 slices	1.050
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	1.048
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	1.048
15074	Fish, sablefish, raw	85.0	3.0 oz	1.047
16059	Chili with beans, canned	256.0	1.0 cup	1.047
16104	Bacon, meatless	144.0	1.0 cup	1.047
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	1.046
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	1.046
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.046
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	1.041
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	1.041
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	1.041
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	1.040
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	1.040
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	1.040

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.040
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	1.035
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	1.032
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	1.031
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	1.029
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.029
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	1.024
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	1.020
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	1.018
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1.018
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1.018
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1.018
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	1.013
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	1.013
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.012
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.012
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	1.011
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	1.008
20088	Wild rice, raw	160.0	1.0 cup	1.006
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.997
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.997
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.996
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.992
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.992
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.991
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.990
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.990
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.985
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.983
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.983
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.982
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.982
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.981
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.981
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.977
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.977

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.976
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.976
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.975
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.975
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.973
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.973
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.972
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.971
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.969
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.963
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.963
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.962
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.962
21083	Fast foods, taco salad	198.0	1.5 cup	0.962
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.962
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.962
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.959
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.959
16005	Beans, baked, home prepared	253.0	1.0 cup	0.959
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.958
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.956
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.955
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.951
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.949
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0.949
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.949
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.949
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.948
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.948
07052	Pastrami, turkey	57.0	2.0 slices	0.947
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.947
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.946
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.946
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.945
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.944
07059	Polish sausage, pork	85.0	3.0 oz	0.944

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.943
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.942
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.942
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.942
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.942
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.941
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.941
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.940
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.940
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.937
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.933
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.933
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.932
07024	Frankfurter, chicken	85.0	3.0 oz	0.931
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.925
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.924
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.917
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.913
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.912
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.910
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.904
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.903
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.902
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.902
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.900
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.900
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.898
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.897
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.897
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.896
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.896
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.894
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.894
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.893
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.893
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.891

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.887
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.887
19352	Syrups, malt	332.0	1.0 cup	0.886
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.885
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breadding removed	91.0	1.0 thigh, without skin	0.885
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.883
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.877
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.876
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.875
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.875
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.874
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.869
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.867
20131	Barley malt flour	162.0	1.0 cup	0.867
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.866
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.865
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breadding removed	83.0	1.0 thigh thigh without skin	0.863
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.861
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.860
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.860
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.857
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.857
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.857
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.856
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.856
20004	Barley, hulled	184.0	1.0 cup	0.856
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.855
07939	Frankfurter, pork	76.0	1.0 link	0.853
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.853
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.853
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.850
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breadding removed	86.0	1.0 thigh without skin	0.850
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.847
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.845
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.845
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.845

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.843
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.843
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.840
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.839
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.836
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.834
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.834
01038	Cheese, romano	28.35	1.0 oz	0.834
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.833
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.832
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.831
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.831
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.830
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.829
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.828
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.828
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.827
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.826
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.826
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.826
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.826
11656	Corn pudding, home prepared	250.0	1.0 cup	0.825
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.825
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.824
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.824
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.823
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.823
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.822
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.820
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.819
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.816
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.816
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.814
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.814
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.813
12061	Nuts, almonds	143.0	1.0 cup, whole	0.812

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.812
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.811
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.810
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.809
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.808
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.805
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.804
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.802
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.801
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.799
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.798
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.798
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.796
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.796
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.795
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.795
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.794
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.794
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.794
35147	Tamales (Navajo)	186.0	1.0 piece	0.794
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.794
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.794
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.793
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.790
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.790
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.789
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.789
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.786
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.784
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.781
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.780
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.778
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.778
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.777
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.777

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
20071	Wheat, hard red spring	192.0	1.0 cup	0.776
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.775
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.774
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.774
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.772
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.772
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.772
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.770
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.770
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.770
01023	Cheese, gruyere	28.35	1.0 oz	0.768
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.768
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.768
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.768
20060	Rice bran, crude	118.0	1.0 cup	0.767
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.767
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.765
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.765
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.765
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.764
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.764
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.763
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.762
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.760
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.760
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.760
11658	Spinach souffle	136.0	1.0 cup	0.759
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.757
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.757
01018	Cheese, edam	28.35	1.0 oz	0.754
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.754
01022	Cheese, gouda	28.35	1.0 oz	0.752
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.752
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.752
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.752

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.751
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.751
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.750
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.749
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.749
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.748
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.748
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.747
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.746
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.746
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.744
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.743
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.741
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.741
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.741
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.740
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.740
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.739
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.739
20005	Barley, pearled, raw	200.0	1.0 cup	0.738
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.738
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.736
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.734
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.733
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.730
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.729
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.728
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.728
16100	Peanut flour, low fat	60.0	1.0 cup	0.728
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.727
20142	Teff, uncooked	193.0	1.0 cup	0.726
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.725
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.723
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.721
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.720
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.718

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.717
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.716
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.716
20033	Oat bran, raw	94.0	1.0 cup	0.714
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.713
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.712
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.712
20140	Spelt, uncooked	174.0	1.0 cup	0.712
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.711
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.711
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.709
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.709
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.709
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.709
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.707
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.707
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.707
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.706
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.706
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.706
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.705
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.705
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.705
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.704
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.703
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.703
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.702
20069	Triticale	192.0	1.0 cup	0.701
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.700
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.699
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.699
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.699
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.696
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.696

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.696
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.696
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.696
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.695
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.694
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.694
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.693
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.693
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.693
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.693
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.691
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.691
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.691
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.690
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.688
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.688
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.686
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.685
07019	Chorizo, pork and beef	28.35	1.0 oz	0.684
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.684
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.683
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.682
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.682
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.682
13350	Beef, cured, dried	28.0	10.0 slices	0.680
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.680
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.679
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.679
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.678
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.677
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.676
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.676
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.674
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.674
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.673

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.671
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.670
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.670
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.668
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.668
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.668
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.666
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.666
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.666
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.666
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.666
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.665
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.663
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.662
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.662
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.662
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.661
11413	Potato flour	160.0	1.0 cup	0.661
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.660
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.660
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.660
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.659
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.659
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.657
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.654
01057	Eggnog	254.0	1.0 cup	0.653
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.652
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.651
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.650
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.649
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.648
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.648
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.644
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.644
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.644

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.644
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.644
20072	Wheat, hard red winter	192.0	1.0 cup	0.643
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.642
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.642
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.640
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.639
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.638
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.637
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.636
07911	Liverwurst spread	55.0	0.25 cup	0.635
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.635
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.634
17150	Game meat, beaver, raw	28.35	1.0 oz	0.634
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.631
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.628
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.626
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.626
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.625
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.624
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.624
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.622
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.622
01156	Cheese, goat, hard type	28.35	1.0 oz	0.621
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.618
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.617
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.616
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.615
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.615
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.614
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.613
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.612
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.611
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.610
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.609
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.608

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.608
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.607
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.607
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.606
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.605
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.604
17166	Game meat, elk, raw	28.35	1.0 oz	0.604
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.604
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.603
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.602
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.601
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.601
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.600
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.598
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.596
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.596
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.596
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.596
01008	Cheese, caraway	28.35	1.0 oz	0.594
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.592
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.589
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.588
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.588
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.586
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.586
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.586
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.585
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.583
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.582
20076	Wheat, durum	192.0	1.0 cup	0.582
17162	Game meat, caribou, raw	28.35	1.0 oz	0.581
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.580
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.579
20130	Barley flour or meal	148.0	1.0 cup	0.579
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.578
01041	Cheese, tilsit	28.35	1.0 oz	0.578

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.577
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.577
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.575
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.575
01113	Whey, acid, dried	57.0	1.0 cup	0.575
17172	Game meat, moose, raw	28.35	1.0 oz	0.572
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.570
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.570
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.570
17164	Game meat, deer, raw	28.35	1.0 oz	0.569
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.568
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.565
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.561
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.561
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.561
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.560
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.559
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.554
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.553
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.552
01010	Cheese, cheshire	28.35	1.0 oz	0.551
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.551
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.550
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.548
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.548
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.548
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.547
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.546
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.543
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.543
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.541
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.541
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.541
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.541
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.540
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.538

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.537
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.537
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.535
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.535
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.535
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.534
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.533
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.533
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.532
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.532
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.531
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.531
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.531
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.531
17144	Game meat, antelope, raw	28.35	1.0 oz	0.530
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.530
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.530
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.530
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.530
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.530
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.529
20073	Wheat, soft red winter	168.0	1.0 cup	0.529
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.529
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.528
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.528
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.528
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.527
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.526
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.526
07926	Salami, Italian, pork	28.0	1.0 oz	0.526
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.526
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.525
01004	Cheese, blue	28.35	1.0 oz	0.525
01006	Cheese, brie	28.35	1.0 oz	0.525
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.524
01039	Cheese, roquefort	28.35	1.0 oz	0.524

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.524
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.524
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.522
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.522
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.522
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.522
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.521
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.520
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.520
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.520
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.520
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.519
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.517
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.517
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.517
17170	Game meat, horse, raw	28.35	1.0 oz	0.517
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.516
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.515
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.515
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.515
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.515
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.514
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.514
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.514
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.513
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.513
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.512
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.512
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.511
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.511
07921	Bacon and beef sticks	28.0	1.0 oz	0.511
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.511

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.510
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.509
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.508
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.508
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.508
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.507
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.506
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.506
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.506
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.506
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.504
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.504
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.503
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.502
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.502
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.501
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.501
01007	Cheese, camembert	28.35	1.0 oz	0.501
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.500
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.498
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.498
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.498
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.497
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.497
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.496
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.496
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.496
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.495
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.493
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.490
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.490
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.489
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.489
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.488

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.486
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.486
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.485
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.485
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.485
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.485
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.485
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.485
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.485
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.484
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.484
20062	Rye grain	169.0	1.0 cup	0.483
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.483
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.483
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.481
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.481
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.481
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.481
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.480
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.480
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.480
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.478
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.478
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.477
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.477
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.477
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.477
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.477
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.476
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.476
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.475
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.475
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.475

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
20012	Bulgur, dry	140.0	1.0 cup	0.475
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.473
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.473
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.473
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.473
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.472
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.472
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.472
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.472
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.471
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.471
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.470
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.470
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.470
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.470
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.470
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.470
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.470
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.469
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.469
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.468
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.468
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.468
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.467
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.467
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.466
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.466
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.466
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.466
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.466
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.466
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.466
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.465
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.465

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.465
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.464
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.464
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.464
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.463
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.463
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.463
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.463
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.462
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.462
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.462
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.462
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.462
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.461
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.461
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.461
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.461
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.460
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.460
11304	Peas, green, raw	145.0	1.0 cup	0.460
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.459
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.459
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.457
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.457
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.457
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.457
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.457
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.456
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.456
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.456
11432	Radishes, oriental, dried	116.0	1.0 cup	0.456
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.456
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.455
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.455

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.454
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.453
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.452
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.452
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.452
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.451
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.450
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.450
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.450
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.449
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.449
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.449
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.448
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.447
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.447
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.447
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.446
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.446
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.446
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.445
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.445
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.443
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.443
20137	Quinoa, cooked	185.0	1.0 cup	0.442
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.441
20014	Corn grain, yellow	166.0	1.0 cup	0.440
20314	Corn grain, white	166.0	1.0 cup	0.440
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.440
20067	Sorghum grain	192.0	1.0 cup	0.440
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.439
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.439
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.439
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.439

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.438
20090	Rice flour, brown	158.0	1.0 cup	0.436
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.435
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.434
17168	Goat, raw	28.35	1.0 oz	0.434
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.434
20063	Rye flour, dark	128.0	1.0 cup	0.433
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.432
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.432
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.431
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.431
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.431
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.430
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.430
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.430
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.430
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.430
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.430
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.430
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.430
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.430
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.430
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.429
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.428
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.428
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.428
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.428
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.428
11414	Potato salad, home-prepared	250.0	1.0 cup	0.428
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.427
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.427
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.427
15014	Fish, cisco, smoked	28.35	1.0 oz	0.426

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.426
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.424
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.424
20031	Millet, raw	200.0	1.0 cup	0.424
20028	Couscous, dry	173.0	1.0 cup	0.424
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.423
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.422
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.420
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.420
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.420
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.419
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.419
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.418
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.416
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.416
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.416
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.415
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.415
17224	Lamb, ground, raw	28.35	1.0 oz	0.414
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.413
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.413
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.413
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.413
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.411
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.410
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.410
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.410
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.409
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.409
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.409
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.409
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.409
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.408

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.408
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.408
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.408
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.408
20066	Semolina, enriched	167.0	1.0 cup	0.406
20466	Semolina, unenriched	167.0	1.0 cup	0.406
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.405
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.405
07070	Salami, cooked, turkey	28.0	1.0 serving	0.404
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.403
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.403
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.403
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.402
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.401
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.400
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.399
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.398
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.398
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.397
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.397
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.397
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.396
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.396
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.395
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.395
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.394
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.394
15109	Fish, surimi	28.35	1.0 oz	0.393
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.393
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.392
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.392
07026	Ham, chopped, canned	28.35	1.0 oz	0.391
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.391
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.391
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.390
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.390

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.390
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.390
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.388
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.387
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.387
07030	Ham, minced	28.35	1.0 oz	0.387
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.386
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.386
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.386
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.385
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.384
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.384
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.384
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.384
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.384
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.384
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.383
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.382
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.381
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.380
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.380
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.380
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.378
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.378
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.378
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.378
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.377
01159	Cheese, goat, soft type	28.35	1.0 oz	0.377
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.376
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.376
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.376
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.376
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.376
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.375
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.375
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.374

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.374
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.373
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.372
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.372
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.372
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.372
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.372
11215	Garlic, raw	136.0	1.0 cup	0.371
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.369
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.368
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.367
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.367
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.367
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.366
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.366
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.365
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.364
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.364
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.363
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.363
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.363
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.363
01069	Cream substitute, powdered	94.0	1.0 cup	0.362
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.361
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.360
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.360
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.360
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.359
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.358
07050	Mortadella, beef, pork	28.35	1.0 oz	0.358
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.358
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.358
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.356
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.356
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.355
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.354

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.354
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.353
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.353
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.353
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.353
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.352
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.352
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.352
07025	Frankfurter, turkey	28.35	1.0 oz	0.351
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.350
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.349
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.349
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.349
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.348
20077	Wheat bran, crude	58.0	1.0 cup	0.348
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.348
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.346
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.345
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.345
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.345
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.344
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.343
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.342
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.342
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.340
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.339
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.338
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.337
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.337
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.336
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.336
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.336
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.335
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.335
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.335
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.334

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
07040	Liver cheese, pork	28.35	1.0 oz	0.334
07061	Mother's loaf, pork	28.35	1.0 oz	0.334
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.334
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.333
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.333
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.333
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.332
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.332
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.331
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.330
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.330
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.330
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.329
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.329
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.329
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.328
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.328
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.328
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.328
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.328
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.327
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.327
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.326
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.326
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.326
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.326
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.325
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.325
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.324
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.324
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.323
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.323
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.323
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.322
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.322
16129	Tofu, fried	28.35	1.0 oz	0.321

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.320
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.319
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.319
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.318
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.318
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.318
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.318
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.317
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.317
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.317
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.316
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.316
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.316
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.316
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.316
16107	Sausage, meatless	25.0	1.0 link	0.316
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.315
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.315
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.315
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.315
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.314
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.314
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.314
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.314
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.314
07007	Bologna, beef	30.0	1.0 slice	0.314
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.313
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.313
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.313
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.312
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.309
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.309
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.309
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.309

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.308
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.307
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.307
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.306
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.306
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.305
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.305
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.304
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.303
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.303
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.302
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.302
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.302
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.302
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.301
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.301
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.301
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.301
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.300
07068	Salami, cooked, beef	26.0	1.0 slice	0.300
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.298
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.297
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.297
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.296
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.294
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.293
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.293
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.293
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.292
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.291
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.291
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.290
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.290
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.289
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.289
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.288

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.287
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.287
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.287
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.287
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.287
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.286
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.285
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.285
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.285
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.285
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.285
20034	Oat bran, cooked	219.0	1.0 cup	0.285
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.284
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.284
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.284
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.284
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.283
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.282
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.282
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.281
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.280
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.280
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.280
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.279
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.279
20089	Wild rice, cooked	164.0	1.0 cup	0.279
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.278
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.278
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.277
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.277
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.275
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.275
20143	Teff, cooked	252.0	1.0 cup	0.275
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.274
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.274
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.274

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.274
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.272
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.272
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.271
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.271
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.270
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.269
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.268
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.268
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.267
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.267
01124	Egg, white, raw, fresh	33.0	1.0 large	0.266
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.266
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.265
20087	Wheat, sprouted	108.0	1.0 cup	0.265
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.265
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.265
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.264
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.263
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.263
16087	Peanuts, all types, raw	28.35	1.0 oz	0.263
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.262
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.262
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.261
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.261
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.261
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.260
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.260
16130	Okara	122.0	1.0 cup	0.259
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.258
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.258
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.257
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.257
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.256
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.255
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.255

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.255
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.255
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.255
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.252
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.252
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.252
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.252
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.252
07971	Bologna, meat and poultry	33.0	1.0 slice	0.251
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.251
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.251
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.250
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.250
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.250
01031	Cheese, neufchatel	28.35	1.0 oz	0.248
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.247
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.246
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.246
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.244
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.244
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.244
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.244
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.243
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.243
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.242
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.242
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.242
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.242
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.242
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.241
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.240
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.240
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.240
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.240
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.240
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.240

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.238
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.238
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.237
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.237
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.237
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.236
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.235
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.234
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.233
11683	Carrot, dehydrated	74.0	1.0 cup	0.233
36610	DENNY'S, french fries	165.0	1.0 serving	0.233
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.232
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.232
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.232
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.232
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.231
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.231
01021	Cheese, gjetost	28.35	1.0 oz	0.231
07960	Bologna, chicken, pork	28.0	1.0 serving	0.231
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.230
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.229
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.229
36031	DENNY'S, onion rings	166.0	1.0 serving	0.229
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.229
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.228
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.228
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.228
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.227
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.226
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.226
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.225
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.225
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.225
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.224
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.223

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.223
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.223
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.223
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.222
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.222
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.222
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.222
07033	Ham and cheese spread	15.0	1.0 tbsp	0.221
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.221
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.221
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.221
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.221
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.220
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.220
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.220
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.220
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.220
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.219
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.219
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.219
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.219
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.219
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.219
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.219
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.219
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.218
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.218
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.218
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.218
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.218
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.218
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.217
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.217
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.217
20064	Rye flour, medium	102.0	1.0 cup	0.216

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.215
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.215
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.215
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.215
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.215
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.215
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.214
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.214
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.214
20065	Rye flour, light	102.0	1.0 cup	0.214
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.214
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.214
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.213
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.212
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.212
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.212
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.211
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.211
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.210
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.210
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.210
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.210
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.210
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.208
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.208
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.208
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.207
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.207
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.206
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.205
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.203
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.202
16055	Carob flour	103.0	1.0 cup	0.202
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.201
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.201
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.201

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.201
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.201
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.200
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.199
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.199
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.199
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.198
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.198
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.197
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.197
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.197
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.197
21249	BURGER KING, french fries	74.0	1.0 small serving	0.196
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.196
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.194
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.194
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.194
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.193
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.193
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.192
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.192
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.192
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.192
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.192
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.192
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.192
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.191
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.191
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.190
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.190
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.190
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.189
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.189
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.189
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.189
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.189

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.189
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.189
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.188
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.186
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.186
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.185
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.184
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.184
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.183
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.183
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.182
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.181
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.181
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.181
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.180
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.180
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.180
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.179
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.179
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.178
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.178
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.178
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.177
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.177
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.177
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.176
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.176
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.175
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.174
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.174
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.173
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.173
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.173
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.173
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.173
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.172

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.172
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.172
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.172
20647	Millet flour	119.0	1.0 cup	0.171
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.171
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.170
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.170
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.170
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.170
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.170
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.170
01070	Dessert topping, powdered	43.0	1.5 oz	0.169
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.168
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.167
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.167
01114	Whey, sweet, fluid	246.0	1.0 cup	0.167
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.167
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.166
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.166
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.165
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.165
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.165
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.165
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.165
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.165
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.165
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.165
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.163
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.163
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.163
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.163
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.163
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.163
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.162
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.162
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.162

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.162
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.162
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.162
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.161
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.161
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.161
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.160
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.160
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.160
01112	Whey, acid, fluid	246.0	1.0 cup	0.160
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.159
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.159
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.159
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.158
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.158
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.158
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.157
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.157
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.157
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.156
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.156
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.156
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.155
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.155
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.155
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.155
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.155
20013	Bulgur, cooked	182.0	1.0 cup	0.155
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.155
19147	Candies, peanut bar	28.35	1.0 oz	0.155
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.154
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.154
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.154
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.154
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.153
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.153

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.153
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.153
11616	Dock, raw	133.0	1.0 cup, chopped	0.153
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.153
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.153
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.152
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.152
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.152
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.152
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.152
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.151
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.151
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.151
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.151
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.151
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.151
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.151
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.150
09021	Apricots, raw	155.0	1.0 cup, halves	0.150
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.150
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.150
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.150
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.150
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.149
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.149
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.148
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.148
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.148
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.148
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.148
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.148
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.147
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.147
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.147
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.147
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.147

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.147
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.146
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.146
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.145
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.145
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.145
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.144
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.144
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.144
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.144
12059	Nuts, acorns, dried	28.35	1.0 oz	0.143
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.143
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.143
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.143
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.143
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.142
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.142
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.141
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.141
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.141
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.141
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.140
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.140
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.140
11011	Asparagus, raw	134.0	1.0 cup	0.139
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.139
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.139
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.139
09298	Raisins, seedless	165.0	1.0 cup, packed	0.139
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.138
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.138
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.137
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.136
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.136
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.136
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.136

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.136
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.136
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.136
11098	Brussels sprouts, raw	88.0	1.0 cup	0.136
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.135
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.135
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.135
09315	Soursop, raw	225.0	1.0 cup, pulp	0.135
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.135
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.134
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.133
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.133
11961	Hearts of palm, canned	146.0	1.0 cup	0.133
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.133
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.132
20006	Barley, pearled, cooked	157.0	1.0 cup	0.132
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.132
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.132
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.131
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.131
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.131
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.131
09094	Figs, dried, uncooked	149.0	1.0 cup	0.131
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.130
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.130
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.130
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.130
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.129
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.129
11124	Carrots, raw	128.0	1.0 cup chopped	0.129
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.129
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.129
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.129
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.128
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.128
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.127

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.127
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.127
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.126
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.126
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.126
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.125
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.125
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.125
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.125
21419	KFC, biscuit	49.0	1.0 biscuit	0.125
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.125
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.125
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.125
21268	TACO BELL, Nachos	80.0	1.0 serving	0.125
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.125
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.125
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.124
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.124
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.124
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.124
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.124
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.124
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.123
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.123
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.123
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.123
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.123
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.123
11090	Broccoli, raw	91.0	1.0 cup chopped	0.123
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.123
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.123
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.122
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.122
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.122
18245	Danish pastry, cheese	28.35	1.0 oz	0.122
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.122

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.122
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.121
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.121
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.121
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.121
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.120
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.120
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.120
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.120
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.120
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.120
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.119
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.119
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.119
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.119
09139	Guavas, common, raw	165.0	1.0 cup	0.119
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.119
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.119
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.119
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.119
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.118
20133	Rice noodles, dry	57.0	2.0 oz	0.118
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.118
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.118
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.118
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.117
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.117
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.117
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.117
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.117
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.117
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.117
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.117
20032	Millet, cooked	174.0	1.0 cup	0.117
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.116
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.116

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.116
07031	Ham salad spread	15.0	1.0 tbsp	0.116
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.116
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.116
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.115
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.115
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.115
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.115
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.115
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.115
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.114
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.114
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.114
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.114
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.114
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.114
18103	Coffeecake, cheese	28.35	1.0 oz	0.114
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.113
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.113
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.113
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.113
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.113
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.113
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.113
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.112
09040	Bananas, raw	225.0	1.0 cup, mashed	0.112
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.112
09205	Oranges, raw, with peel	170.0	1.0 cup	0.112
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.112
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.112
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.112
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.112
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.111
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.111
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.111
18355	Sweet rolls, cheese	28.35	1.0 oz	0.110

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.110
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.109
20134	Rice noodles, cooked	176.0	1.0 cup	0.109
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.109
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.109
09176	Mangos, raw	165.0	1.0 cup pieces	0.109
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.109
12058	Nuts, acorns, raw	28.35	1.0 oz	0.109
11297	Parsley, fresh	60.0	1.0 cup chopped	0.109
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.108
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.108
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.108
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.108
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.108
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.108
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.108
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.108
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.107
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.107
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.107
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.107
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.107
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.107
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.106
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.106
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.106
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.106
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.106
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.105
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.105
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.105
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.105
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.105
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.105
18241	Croissants, cheese	28.35	1.0 oz	0.105
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.105

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.105
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.105
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.104
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.104
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.104
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.104
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.104
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.104
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.104
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.104
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.104
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.104
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.103
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.103
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.103
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.103
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.102
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.102
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.102
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.102
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.102
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.102
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.102
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.102
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.102
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.101
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.101
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.101
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.101
11965	Cauliflower, green, raw	64.0	1.0 cup	0.101
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.101
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.101
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.100
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.100
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.100
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.100

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.100
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.100
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.100
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.100
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.100
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.100
18971	Bread, potato	32.0	1.0 slice	0.100
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.099
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.099
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.099
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.099
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.099
09095	Figs, dried, stewed	259.0	1.0 cup	0.098
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.098
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.098
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.098
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.098
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.098
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.098
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.098
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.097
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.097
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.097
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.097
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.097
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.097
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.097
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.097
18224	Crackers, rusk toast	14.2	0.5 oz	0.097
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.097
18028	Bread, egg, toasted	28.35	1.0 oz	0.097
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.097
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.096
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.096
21140	Side dishes, potato salad	95.0	0.333 cup	0.096
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.096

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.096
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.096
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.096
09326	Watermelon, raw	154.0	1.0 cup, balls	0.095
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.095
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.095
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.095
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.095
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.095
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.095
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.095
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.095
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.095
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.095
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.094
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.094
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.094
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.094
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.094
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.094
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.094
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.094
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.094
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.093
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.093
18239	Croissants, butter	28.35	1.0 oz	0.093
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.093
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.093
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.093
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.093
18344	Rolls, dinner, egg	28.35	1.0 oz	0.093
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.093
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.093
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.093
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.093
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.093

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.092
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.092
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.092
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.092
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.092
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.092
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.092
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.092
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.092
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.092
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.092
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.091
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.091
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.091
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.091
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.091
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.091
11134	Cassava, raw	206.0	1.0 cup	0.091
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.090
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.090
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.090
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.090
18240	Croissants, apple	28.35	1.0 oz	0.090
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.090
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.090
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.090
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.090
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.090
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.090
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.090
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.089
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.089
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.089
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.089
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.089
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.089

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.089
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.089
09277	Plantains, raw	148.0	1.0 cup, sliced	0.089
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.089
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.089
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.089
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.089
11601	Yam, raw	150.0	1.0 cup, cubes	0.088
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.088
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.088
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.088
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.088
18027	Bread, egg	28.35	1.0 oz	0.088
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.088
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.088
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.088
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.088
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.088
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.088
18266	English muffins, whole-wheat	28.35	1.0 oz	0.088
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.088
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.087
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.087
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.087
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.087
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.087
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.087
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.087
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.086
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.086
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.086
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.086
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.086
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.086
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.086
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.086

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.086
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.085
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.085
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.085
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.085
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.085
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.085
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.085
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.085
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.085
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.085
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.085
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.085
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.085
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.084
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.084
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.084
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.084
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.084
18037	Bread, oat bran	28.35	1.0 oz	0.084
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.084
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.084
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.084
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.084
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.084
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.084
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.084
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.084
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.084
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.084
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.084
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.084
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.084
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.084
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.084
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.083

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.083
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.083
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.083
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.083
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.083
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.083
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.082
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.082
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.082
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.082
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.082
01017	Cheese, cream	14.5	1.0 tbsp	0.082
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.082
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.082
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.082
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.082
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.082
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.082
09059	Breadfruit, raw	220.0	1.0 cup	0.081
16112	Miso	17.0	1.0 tbsp	0.081
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.081
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.081
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.081
11278	Okra, raw	100.0	1.0 cup	0.081
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.081
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.081
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.081
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.080
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.080
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.080
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.080
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.080
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.080
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.079
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.079
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.079

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.079
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.079
11527	Tomatoes, green, raw	180.0	1.0 cup	0.079
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.079
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.079
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.079
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.079
11080	Beets, raw	136.0	1.0 cup	0.079
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.079
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.079
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.079
18283	Muffins, oat bran	28.35	1.0 oz	0.079
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.078
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.078
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.078
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.078
09164	Litchis, raw	190.0	1.0 cup	0.078
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.078
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.077
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.077
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.077
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.077
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.077
18039	Bread, oatmeal	28.35	1.0 oz	0.077
18264	English muffins, wheat	28.35	1.0 oz	0.077
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.077
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.076
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.076
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.076
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.076
18235	Crackers, whole-wheat	28.0	1.0 serving	0.076
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.076
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.076
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.076
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.076
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.076

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.076
11241	Kohlrabi, raw	135.0	1.0 cup	0.076
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.076
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.075
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.075
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.075
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.075
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.075
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.075
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.075
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.075
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.075
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.074
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.074
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.074
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.074
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.074
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.074
18003	Bagels, egg	28.35	1.0 oz	0.074
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.074
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.074
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.074
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.074
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.074
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.074
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.074
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.073
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.073
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.073
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.073
18059	Bread, rice bran	28.35	1.0 oz	0.073
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.073
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.073
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.073
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.073
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.073

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.073
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.073
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.073
18061	Bread, rye, toasted	28.35	1.0 oz	0.073
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.073
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.072
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.072
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.072
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.072
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.072
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.072
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.071
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.071
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.071
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.071
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.071
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.071
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.071
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.071
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.071
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.071
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.071
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.071
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.071
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.071
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.071
18044	Bread, pumpernickel	28.35	1.0 oz	0.070
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.070
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.070
11518	Taro, raw	104.0	1.0 cup, sliced	0.070
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.070
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.070
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.069
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.069
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.069
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.069

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
18025	Bread, cracked-wheat	28.35	1.0 oz	0.069
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.069
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.069
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.069
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.069
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.069
11520	Taro leaves, raw	28.0	1.0 cup	0.069
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.069
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.069
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.069
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.069
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.068
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.068
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.068
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.068
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.068
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.068
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.068
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.068
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.068
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.068
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.068
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.068
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.068
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.067
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.067
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.067
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.067
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.067
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.067
18066	Bread, wheat bran	28.35	1.0 oz	0.067
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.067
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.066
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.066
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.066

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.066
18060	Bread, rye	28.35	1.0 oz	0.066
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.066
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.066
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.066
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.066
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.066
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.066
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.065
18349	Rolls, french	28.35	1.0 oz	0.065
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.065
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.065
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.065
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.065
09110	Goji berries, dried	28.0	5.0 tbsp	0.065
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.065
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.065
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.065
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.065
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.065
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.065
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.064
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.064
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.064
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.064
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.063
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.063
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.063
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.063
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.063
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.063
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.063
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.063
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.063
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.063
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.063

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.063
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.063
11282	Onions, raw	160.0	1.0 cup, chopped	0.062
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.062
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.062
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.062
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.062
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.062
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.062
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.062
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.062
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.062
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.061
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.061
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.061
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.061
11231	Jute, potherb, raw	28.0	1.0 cup	0.061
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.061
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.061
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.061
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.061
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.061
18065	Bread, wheat, toasted	28.35	1.0 oz	0.061
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.061
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.061
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.061
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.061
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.061
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.060
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.060
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.060
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.060
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.060
18214	Crackers, cheese, regular	14.2	0.5 oz	0.059
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.059
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.059

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.059
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.059
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.059
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.059
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.058
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.058
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.058
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.058
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.058
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.058
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.058
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.058
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.058
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.058
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.057
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.057
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.057
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.057
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.057
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.057
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.057
18047	Bread, raisin, enriched	28.35	1.0 oz	0.057
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.057
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.057
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.057
11190	Cornsalad, raw	56.0	1.0 cup	0.057
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.056
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.056
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.056
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.056
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.056
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.056
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.056
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.056
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.056
18033	Bread, italian	28.35	1.0 oz	0.056

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.056
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.056
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.056
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.056
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.056
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.056
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.056
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.055
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.055
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.055
01072	Dessert topping, pressurized	70.0	1.0 cup	0.055
18172	Cookies, gingersnaps	28.35	1.0 oz	0.055
19081	Candies, sweet chocolate	28.35	1.0 oz	0.055
18218	Crackers, matzo, egg	14.2	0.5 oz	0.055
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.055
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.055
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.055
18177	Cookies, molasses	28.35	1.0 oz	0.055
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.055
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.055
20030	Hominy, canned, white	165.0	1.0 cup	0.054
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.054
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.054
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.054
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.054
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.054
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.054
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.054
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.053
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.053
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.053
18106	Coffeecake, fruit	28.35	1.0 oz	0.053
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.053
20330	Hominy, canned, yellow	160.0	1.0 cup	0.053
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.053
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.053

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.052
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.052
11457	Spinach, raw	30.0	1.0 cup	0.052
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.052
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.052
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.052
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.052
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.052
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.052
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.052
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.052
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.051
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.051
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.051
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.051
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.051
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.051
11734	Beets, cooked, boiled, drained, with salt	85.0	0.5 cup slices	0.051
18236	Cracker meal	28.35	1.0 oz	0.051
11963	Nopales, raw	86.0	1.0 cup, sliced	0.051
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.051
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.050
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.050
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.050
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.050
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.050
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.050
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.050
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.050
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.050
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.050
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.050
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.050
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.050
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.050
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.050

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.050
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.050
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.049
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.049
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.049
18243	Croutons, seasoned	14.2	0.5 oz	0.049
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.049
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.049
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.049
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.049
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.049
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.049
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.049
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.049
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.048
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.048
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.048
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.048
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.048
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.048
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.048
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.048
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.048
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.048
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.048
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.047
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.047
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.047
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.047
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.047
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.047
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.047
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.047
11564	Turnips, raw	130.0	1.0 cup, cubes	0.047
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.047
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.047

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.047
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.047
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.046
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.046
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.046
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.046
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.046
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.046
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.046
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.046
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.046
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.046
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.046
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.046
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.046
11591	Watercress, raw	34.0	1.0 cup, chopped	0.046
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.045
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.045
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.045
18338	Phyllo dough	28.35	1.0 oz	0.045
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.045
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.045
18171	Cookies, fortune	28.35	1.0 oz	0.045
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.044
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.044
18021	Bread, boston brown, canned	28.35	1.0 oz	0.044
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.044
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.044
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.044
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.044
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.044
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.044
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.044
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.044
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.044
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.044

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.044
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.044
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.044
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.043
18354	Strudel, apple	28.35	1.0 oz	0.043
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.043
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.043
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.043
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.043
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.043
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.042
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.042
11161	Collards, raw	36.0	1.0 cup, chopped	0.042
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.042
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.042
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.042
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.042
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.042
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.042
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.041
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.041
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.041
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.041
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.041
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.041
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.041
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.041
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.041
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.041
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.041
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.040
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.040
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.040
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.040
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.040
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.040

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.040
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.040
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.040
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.040
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.040
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.040
18170	Cookies, fig bars	28.35	1.0 oz	0.040
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.040
09316	Strawberries, raw	152.0	1.0 cup, halves	0.040
18242	Croutons, plain	14.2	0.5 oz	0.039
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.039
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.039
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.039
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.039
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.039
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.039
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.039
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.039
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.039
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.039
09160	Lime juice, raw	242.0	1.0 cup	0.039
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.039
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.039
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.039
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.039
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.039
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.039
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.038
11429	Radishes, raw	116.0	1.0 cup slices	0.038
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.038
21420	KFC, Coleslaw	112.0	1.0 package	0.038
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.038
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.038
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.038
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.038
09088	Elderberries, raw	145.0	1.0 cup	0.038

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.038
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.038
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.038
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.037
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.037
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.037
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.037
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.037
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.037
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.037
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.037
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.037
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.037
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.037
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.037
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.036
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.036
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.036
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.036
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.036
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.036
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.036
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.036
21416	POPEYES, Coleslaw	120.0	1.0 package	0.036
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.036
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.036
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.036
11147	Chard, swiss, raw	36.0	1.0 cup	0.036
11003	Amaranth leaves, raw	28.0	1.0 cup	0.036
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.036
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.035
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.035
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.035
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.035
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.035
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.035

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.035
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.035
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.035
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.034
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.034
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.034
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.034
09174	Loquats, raw	149.0	1.0 cup, cubed	0.034
18223	Crackers, milk	14.2	0.5 oz	0.034
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.034
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.034
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.034
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.034
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.034
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.034
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.034
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.034
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.034
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.034
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.034
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.033
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.033
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.033
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.033
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.033
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.033
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.033
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.033
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.033
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.032
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.032
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.032
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.032
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.032
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.032
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.032

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.032
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.031
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.031
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.031
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.031
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.031
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.031
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.031
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.031
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.031
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.031
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.031
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.030
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.030
19400	Snacks, banana chips	28.35	1.0 oz	0.030
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.030
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.030
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.030
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.030
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.030
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.030
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.030
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.030
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.030
19524	Snacks, taro chips	28.35	1.0 oz	0.029
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.029
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.029
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.029
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.029
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.029
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.029
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.029
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.029
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.028
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.028
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.028

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.028
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.028
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.028
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.028
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.028
25059	Snacks, brown rice chips	9.0	1.0 cake	0.028
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.028
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.028
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.028
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.028
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.028
09077	Crabapples, raw	110.0	1.0 cup slices	0.028
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.028
18217	Crackers, matzo, plain	14.2	0.5 oz	0.027
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.027
11143	Celery, raw	101.0	1.0 cup chopped	0.027
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.027
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.027
19296	Honey	339.0	1.0 cup	0.027
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.027
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.027
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.027
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.027
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.027
02033	Spices, poppy seed	2.8	1.0 tsp	0.027
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.027
09279	Plums, raw	165.0	1.0 cup, sliced	0.026
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.026
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.026
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.026
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.026
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.026
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.026
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.026
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.026
28292	Crackers, multigrain	14.0	4.0 crackers	0.025

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.025
18360	Taco shells, baked	12.9	1.0 shell	0.025
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.025
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.025
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.025
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.025
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.025
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.025
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.025
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.024
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.024
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.024
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.024
11086	Beet greens, raw	38.0	1.0 cup	0.024
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.024
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.024
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.024
19419	Snacks, corn cakes	9.0	1.0 cake	0.024
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.024
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.024
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.024
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.024
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.024
02020	Spices, garlic powder	3.1	1.0 tsp	0.024
09252	Pears, raw	140.0	1.0 cup, slices	0.024
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.024
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.024
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.024
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.023
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.023
09191	Nectarines, raw	143.0	1.0 cup slices	0.023
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.023
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.022
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.022
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.022
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.022

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.022
09206	Orange juice, raw	248.0	1.0 cup	0.022
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.022
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.022
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.022
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.022
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.022
02016	Spices, dill seed	2.1	1.0 tsp	0.022
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.022
02005	Spices, caraway seed	2.1	1.0 tsp	0.022
09143	Guava sauce, cooked	238.0	1.0 cup	0.021
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.021
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.021
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.021
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.021
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.021
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.021
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.021
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.020
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.020
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.020
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.020
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.020
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.020
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.020
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.020
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.019
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.019
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.019
09050	Blueberries, raw	148.0	1.0 cup	0.019
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.019
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.019
09413	Pears, raw, red anjou	126.0	1.0 small	0.019
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.019
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.019
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.019

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
11151	Chicory, witloof, raw	53.0	1.0 head	0.019
18323	Pie, peach	28.35	1.0 oz	0.018
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.018
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.018
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.018
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.018
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.017
09221	Tangerine juice, raw	247.0	1.0 cup	0.017
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.017
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.017
20003	Arrowroot flour	128.0	1.0 cup	0.017
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.016
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.016
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.016
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.016
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.016
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.016
02028	Spices, paprika	2.3	1.0 tsp	0.016
11213	Endive, raw	25.0	0.5 cup, chopped	0.016
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.016
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.016
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.016
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.015
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.015
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.015
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.015
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.015
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.015
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.015
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.015
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.015
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.014
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.014
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.014
02015	Spices, curry powder	2.0	1.0 tsp	0.014
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.014

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.013
09421	Dates, medjool	24.0	1.0 date, pitted	0.013
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.013
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.013
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.013
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.012
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.012
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.012
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.012
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.012
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.012
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.012
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.012
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.012
02026	Spices, onion powder	2.4	1.0 tsp	0.012
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.012
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.011
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.011
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.011
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.011
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.011
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.011
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.011
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.011
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.011
02029	Spices, parsley, dried	0.5	1.0 tsp	0.010
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.010
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.010
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.010
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.010
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.010
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.010
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.010
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.010
02009	Spices, chili powder	2.7	1.0 tsp	0.010
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.010

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.010
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.009
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.009
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.009
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.009
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.009
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.009
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.008
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.008
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.008
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.008
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.008
02011	Spices, cloves, ground	2.1	1.0 tsp	0.008
20027	Cornstarch	128.0	1.0 cup	0.008
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.008
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.008
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.007
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.007
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.006
19297	Jams and preserves	20.0	1.0 tbsp	0.006
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.006
11943	Pimento, canned	12.0	1.0 tbsp	0.006
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.006
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.006
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.006
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.005
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.005
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.005
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.005
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.005
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.005
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.005
11960	Carrots, baby, raw	15.0	1.0 large	0.005
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.005
11156	Chives, raw	3.0	1.0 tbsp chopped	0.005
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.005

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
09165	Litchis, dried	2.5	1.0 fruit	0.005
11145	Celtuce, raw	8.0	1.0 leaf	0.004
02021	Spices, ginger, ground	1.8	1.0 tsp	0.004
02066	Spearmint, dried	0.5	1.0 tsp	0.004
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.004
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.004
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.004
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.004
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.004
11949	Catsup, low sodium	17.0	1.0 tbsp	0.004
11935	Catsup	17.0	1.0 tbsp	0.004
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.004
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.004
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.004
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.003
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.003
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.003
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.003
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.003
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.003
19303	Marmalade, orange	20.0	1.0 tbsp	0.003
09173	Longans, dried	1.7	1.0 fruit	0.003
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.003
02044	Basil, fresh	2.5	5.0 leaves	0.003
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.003
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.003
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.003
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.003
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.003
02045	Dill weed, fresh	1.0	5.0 sprigs	0.002
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.002
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.002
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.002
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.002
11447	Sesbania flower, raw	3.0	1.0 flower	0.002
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.002

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.002
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.002
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.002
09172	Longans, raw	3.2	1.0 fruit without refuse	0.001
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.001
11216	Ginger root, raw	2.0	1.0 tsp	0.001
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.001
02049	Thyme, fresh	0.8	1.0 tsp	0.001
02063	Rosemary, fresh	0.7	1.0 tsp	0.001